

LEARN HOW TO SAVE A LIFE



The Oregon Federal Executive Board presents:

ReadyFeds
Oregon SW Washington

Will you be prepared when the next big earthquake hits? Or flood? Or if a colleague has a heart attack? Would you know how to treat yourself or another person in a life-threatening emergency?

The Oregon FEB's Emergency Preparedness Committee, in partnership with the American Red Cross, Oregon Trail Chapter, introduces a new workplace safety training initiative for our federal community, "**ReadyFeds**." From **February 12-19, 2006**, the classes below are being offered to federal employees in Portland or Salem. All classes are led by authorized American Red Cross instructors.

Class	Description	Hours	Cost
First Aid & Adult CPR/AED, Certification	Certification training on how to care for injuries and sudden illnesses until advanced medical care arrives, how to perform CPR on adults and use an AED on victims of sudden cardiac arrest. Meets OSHA guidelines.	7.25	\$48
First Aid Basics, Certification	Certification training on how to care for injuries and sudden illnesses until advanced medical care can arrive. Meets OSHA guidelines.	4.25	\$36
Adult CPR/AED, Certification	Certification training on how to recognize and handle emergency situations, perform CPR on adults and use an AED on victims of sudden cardiac arrest. Meets OSHA guidelines.	4.75	\$40
Infant & Child CPR, Certification	Teaches participants how to recognize and care for breathing and cardiac emergencies in infants and children up to 8 years of age. Meets OSHA guidelines.	6.25	\$45
Workplace Violence/Slips, Trips & Falls	How to identify, respond to and reduce the risk of workplace violence; enhancing safety awareness and tips on how to prevent injury from a fall.	2	\$18
First Aid/CPR/AED Instructor Series (offered in April)	In-depth instruction in first aid, CPR & AED use that will certify you as an authorized Red Cross trainer, enabling you to train your own staff and others.	24-33	\$180

For class dates, times, locations and to register, go to www.oregon.feb.gov
Class sizes are limited and capacity is posted online, so don't delay.

ReadyFeds! is a program of the Oregon Federal Executive Board
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